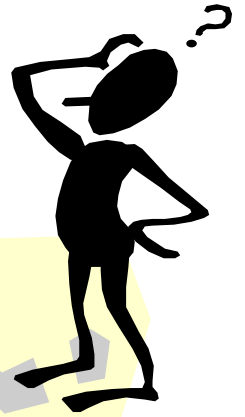


# **Frequently Asked Questions**



## **What is the purpose of the study?**

The purpose of the study is to learn how daily stress may affect factors that contribute to being overweight.

## **Who can participate?**

- \* African American and Caucasian men & women (non pregnant)
- \* 18- 45 yrs old
- \* Free from major disease – including but not limited to high blood pressure, heart disease, diabetes

## **What are the benefits?**

You will receive, at no cost to you, a medical health screening to include a heart screening, body fat assessment, blood pressure screening, blood sugar screening, and an individualized exercise prescription.

## **Will I be paid for participation in the study?**

Yes, you will be financially compensated for your time and participation up to \$450 upon completion of the study. Your commitment to the study requires 4 visits to the Human Performance Laboratory.

## **Will I be stuck with a needle?**

An experienced and trained technician will insert a needle and place a catheter into your arm vein once each visit. This will allow for several blood draws once the catheter has been inserted.

## **What is the liquid meal I would be taking each visit?**

It is Ensure Plus – a cold beverage similar to a smoothie. It comes in a variety of flavors including butter pecan, chocolate, vanilla, and strawberry. It is lactose free and Kosher.

## **What should I wear for my visits?**

You will be exercising on a treadmill, so bring comfortable workout clothes and walking/running shoes. Women may choose to wear a sports bra. Be mindful that the lab tends to be cool, so bring a second layer of clothes or a sweat shirt to keep warm.

## **What medications will I be taking?**

The study has 3 different sets of pills that you will self administer. They are Dexamethasone and Hydrocortisone – these are similar to natural substances found in your body and are responsible for helping your body cope with stress. You will also take a placebo, which is a “fake” pill and has no active effect – like a sugar pill.

## **What time am I expected to be at the lab?**

Because our study is dependent on the way your body's hormones change throughout the day - it is important that you come on time in the morning! Your appointment time will begin at 6:45 am or 7:45 am.

**How do I sign up?**

Call the Human Performance Lab at (301)295-1371. Ask for Stacey or Nicole.